

A300 Skating and Skill Circuit – U18

Key Points:

Players move from station to station and do skating, shooting and puck protection skills.

Description:

1. Puck protection then walk-in, pass and shoot. Passive resistance.
2. Bungee cord skate and shoot.
3. Skip on one leg and alternate legs.
4. Pull partner across the ice on one leg.
5. Move balls to opposite pylons.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120818090223405>

